



spotlight on health

Understanding Your Health

(NAPSA)—When it comes to maintaining your health, it's important to find just the right dose of information. Combining leading theories of health into clear, concise guidelines, the new book "Super Health" is a medical information breakthrough that can help people achieve lifelong vitality.

"There's a lot of information out there about the 'right way' to live a healthy life. It's easy to feel a little overwhelmed," says KC Craichy, author of "Super Health, 7 Golden Keys to Unlock Lifelong Vitality" (Bronze Bow Publishing, \$19.99).

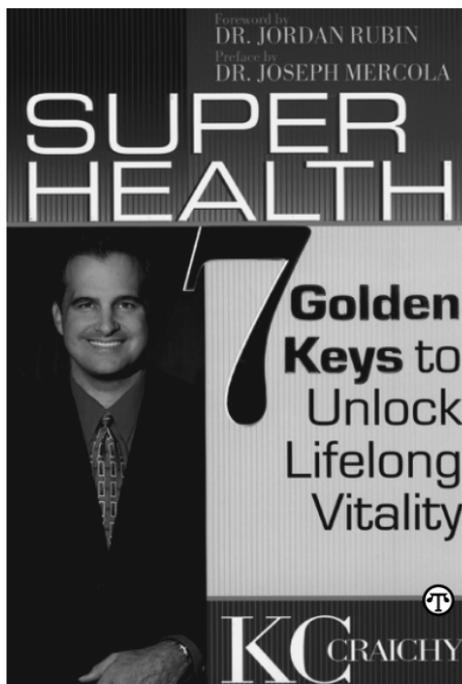
Through years of research and working with some of the top minds in nutrition and medicine, Craichy developed the Seven Golden Keys—foundational areas of good health—that he says work together to create an integrated, whole body approach to living well. Here's a look at his seven keys to health:

- **Proper Hydration**—Craichy says there's a lot more to water than meets the eye. The book spotlights the type of water, and the amount of water he says are needed for optimal health.

- **Nutrition**—More than a trillion cells in the body are made up of what we eat. It's important to be sure your body gets the nutrition it needs. The book says certain organic foods, intelligent shopping choices and the right supplements can help extend longevity.

- **Exercise**—The book explains why exercise reduces the risk of heart attack and stroke and increases vitality. It provides a fast and affordable exercise program that Craichy says can be done anywhere, anytime.

- **Managing Stress**—The book says it is vital to learn to manage stress. It teaches natural coping



A new book combines a number of theories on health into one manual.

techniques from deep-breathing exercises to positive self talk.

- **Toxins**—The book says it is key to strengthen your immune system and to control and eliminate certain environmental toxins.

- **Sleep**—According to Craichy, sleep affects our outlook, our appearance, energy levels and our motivation. The book describes ways to create a natural "sleep sanctuary" that it says can help people enjoy restorative sleep, without the use of drugs.

- **Meditation And Prayer**—Craichy cites a growing body of clinical research that has shown a connection between health and spirituality. The book highlights techniques and principles of meditation and prayer.

For more information with free health quizzes and your chance to win a free Super Health makeover, visit www.superhealth7.com.